

## ABSTRACT OF THE DISCLOSURE

A seating device including a seating unit movably suspended relative to a primary frame so that an individual can grasp at least one handle connected to the primary frame to create desired motion between the seating unit and the primary frame. A lock bar controlled by the individual is selectively operable to engage an element of the seating unit to prevent motion between the seating unit and the primary frame. The primary frame may be supported on wheels to form an exercise wheelchair.